



# **TED Talk Discussion**

**Third Thursday, 10:15 a.m.**

Watch a 10-minute TED Talk  
and then discuss how the topic  
might impact our lives.

**October 17:** “Let’s end ageism”

**November 21:** “How to ask for help - and get a ‘yes’”

**December 19:** “What makes a good life?”

Lessons from the longest study on happiness”

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## **Urbana Senior Center**

Offering fitness, enrichment & social opportunities for 50+  
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